

PHRYME.

MAGAZINE

Nº 010
JANUARY 2020



**WHAT DOES THE YEAR
OF THE RAT HAVE IN
STORE FOR YOU?**

**THE RIJKSTRAINEESHIP OF
MARILUZ VAN DE L'ISLE.**

+

**TO BE POSITIVE AND CRITICAL
AS WELL,** JOSHUAR GOMEZ.

**"IN 2020, THINGS ARE
GOING TO CHANGE."**

Film Director and Founder of Recent, Mario Gonsalves

INTERESTING
BLOGS!

+ DARWINWINKLAAR
Sharing his story and why he's over labeling himself. ISSUE01 • Pg.10

+ FRANSFRANS
Aruban athlete sharing her victory and passion for Crossfit and Sports . ISSUE02 • Pg.48

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"IN 2020, THINGS ARE GOING TO CHANGE."

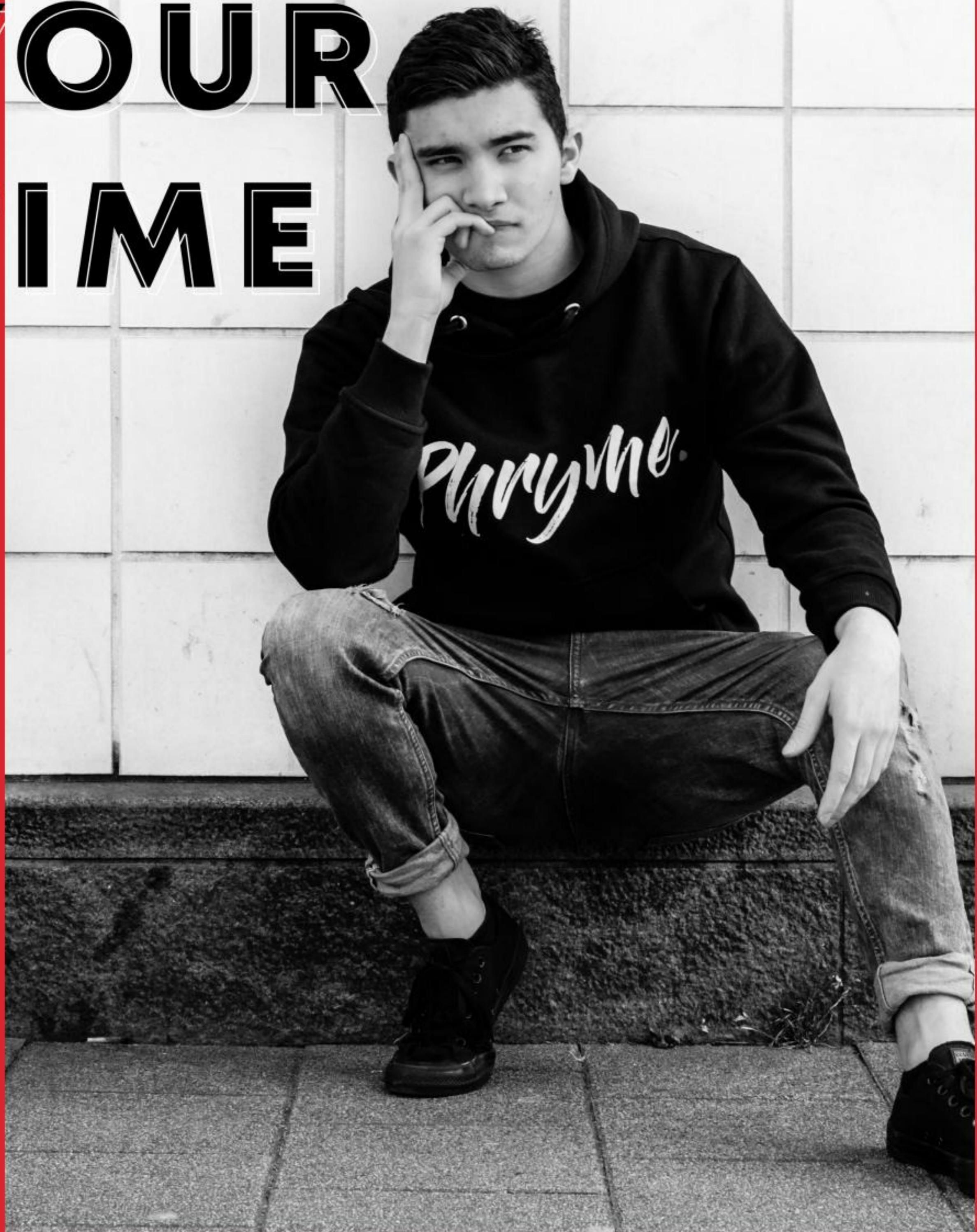
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Bountiful **BUDAPEST**

THE STUDENT CITY

The capital and most densely populated city in the country of Hungary is dissected into two parts by the Danube river. The one thing that connects the city is the 19th century old Széchenyi Chain Bridge. Budapest is home to almost two million inhabitants and over half of Hungary's GDP is generated right in the heart of this city.





Budapest is filled with many colleges and universities. Here are 4:

1. McDaniel College

An extended campus of the private liberal arts college located in the U.S. They offer full four-year programs for international students from over twenty countries. Some of the studies they offer are in the areas of business, banking, government service and media.

2. Corvinus University

Internationally recognized institution and considered as the best of its kind for the areas of education and research. There are over 17,000 students enrolled, with seven different faculties offering programs in the fields of economics, public administration, horticultural science, food science, landscape architecture and social sciences.

3. Budapest University of Technology & Economics

A renowned Hungarian university that provides a unity of theory and practice, a high standard theoretical foundations and practical training based on industrial relationships.

4. Central European University

A graduate level, English spoken, based university. It offers programs in the social sciences, humanities, public policy, law, business management, economics, environmental sciences & policy, and mathematics. Today, the university includes 13 departments, a business school, and an additional 15 research centers.

Things to do in Budapest

When visiting Budapest, you'll be surprised at all of the possibility of things to do there. Listed are some of the things you cannot miss out on and should try to do when you are in the city.

VISIT A 'RUIN PUB'

Most of the pubs found in Budapest are set up in deserted buildings and have been filled up with comfortable but still a little worn-out furniture. Each pub has a unique style and people often refer to their favorite pub as 'the one with...!'

VISIT THE FISHERMAN'S BASTION

It looks like a medieval monument but it was built in the early 20th century. Made in a Neo-Gothic style to act as a panoramic viewing platform to look over the Danube, Maiden's Island, and Pest.

VISIT THE HUNGARIAN PARLIAMENT

One of the largest buildings in Hungary and home to hundreds of parliamentary offices. This building is a must see from the other side of the Danube when the sun goes down and all the lights shine on the building.

VISIT THE DANUBE PROMENADE

The walk along the Danube goes from the Elizabeth Bridge all the way to the Chain Bridge. On the Buda side of the river you can see Buda Castle, the Liberty Statue on Gellert Hill and the Fisherman's Bastion. From the other side of the river you can enjoy restaurants and Szechenyi Istvan Square with a diversity of sculptures.

GELLERT BATHS

One of the biggest spas in the city is the Gellert Bath and Spa center with an open air pool, swimming pool, a Finnish sauna and a range of other saunas and pools.

Whether it's to study or to relax in one of the many mineral baths, Budapest is a wonderful city to learn about history, especially the Roman and Turkish influences it carries in its architecture.

WHY RESOLUTIONS DON'T WORK

AND WHAT TO DO INSTEAD.

As a new year is approaching most of us are starting to think about our resolutions for the coming year. However, research has shown that only 8% of people who set resolutions accomplish their resolutions during the year. But, why is the percentage so low?

- It turns out that most of us set very broad resolutions that aren't actionable, we can't map out the steps we would need to take to achieve our resolutions because they aren't specific enough. So, one way to ensure you achieve your resolution is to make sure that you are clear on what you want to achieve and what you'll need to do to get there.
- We get very excited at the end of the year and set up many resolutions without taking our busy life into account. When we start to work on our resolutions, we get overwhelmed and genuinely do not have the time. Perhaps just focus on one thing you'd like to work on, rather than multiple resolutions that you won't be able to keep.
- When setting our intentions, we often think in terms of what we should be doing rather than what we want to do. Because these intentions aren't intrinsic and don't resonate with us, we often end up completely ignoring them during the year and end up not achieving our resolutions.
- Timing is everything. When we set resolutions just after the holidays, it takes a while for us to get into the flow of things. Therefore, we push our resolutions to the back of our minds because we think that there's still a lot of time to work on it. However, time flies and before we know it, a year has gone by and we still haven't worked on our intentions.



SO HOW CAN WE MAKE OUR NEW YEARS RESOLUTIONS WORK FOR US?

Firstly, let's call them goals. Goals are often seen as more actionable, we tend to be more reasonable and set up achievable goals for ourselves. Secondly, start small. Remember that you are just getting out of a holiday high, a time where everything was wonderful and magical, nothing seemed out of reach. However, as you settle back into your day-to-day, big 'goals' can be met with resistance and sometimes even resentment. Lastly, make sure to set-up a timeline for yourself. Giving yourself a time limit doesn't make the year seem so long and you won't be tempted to think you have all the time in the world left to achieve your goals. Most importantly, be realistic with yourself and remember that change doesn't happen overnight.



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AN INTERVIEW WITH JOSHUE GARCIA

REACHING FOR THE STARS.

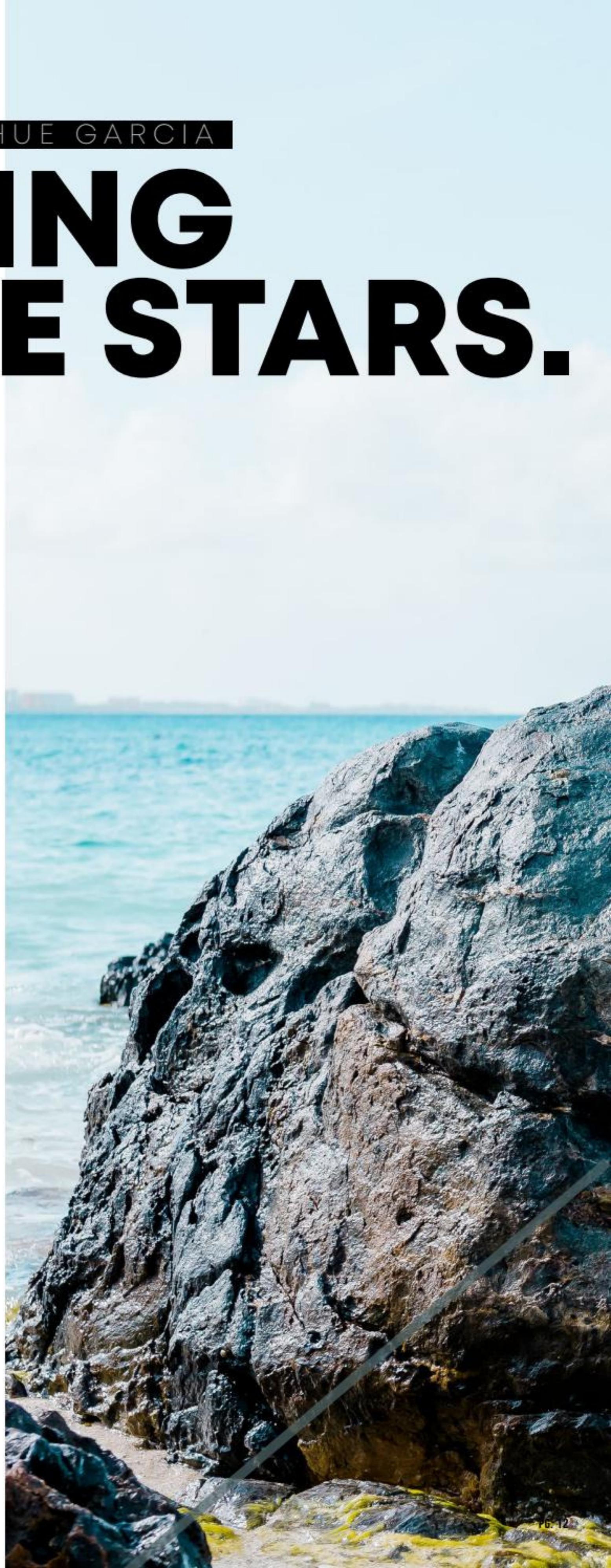
There will always be people out there who will judge you, just to be you! That is why you should brush it off and follow your dreams and that is what Joshua is doing right now. Joshua Garcia, 20, is currently living and studying Graphic Design at Centennial College in Canada, Toronto. He is now in his second year and is completely in love with the program. Moreover, he combines his passion for dancing and modeling. Joshua shows us that, with confidence and hard work, you can achieve it all!

NEW CHAPTER, NEW HEADACHES

In 2017, Joshua went on a family vacation to Canada, Toronto. After just a few days, he fell in love with the people of Toronto and made the decision that he wanted to study there, which he did in 2018. The first few months went alright; he learned how to take the public transportation and how to manage his money. Luckily, his parents traveled with him to help him settle in. However, winter soon came along; it became darker sooner and he fell into the seasonal depression.

"I try to make the best of whatever life throws at me. So, I just roll with punches and try to stay true to what I do and keep on loving what I do."

To cope with his new country and the seasonal depression, Joshua decided to focus on the things that he loves the most. He started calling his parents and friends, continued with ballet and fitness. According to him, it's better to escape your dark room and meet new people than to let the seasonal depression take you over.







As a second year student, he learned a lot about the world of arts and how to implement his uniqueness into his designs and into this world. At first, Joshua wanted to pursue a program that involved dancing. However, he later decided to pursue Graphic Design. In his opinion, the demand for Graphic Designers will always be high.

THE START OF HIS PASSIONS

As a teenager, Joshua was very conscious with how he presented himself to others, especially about the way he talked. At 15, he never felt confident and beautiful in his skin. He then decided to work on bettering and accepting himself; he started to embrace his flaws and imperfections. In 2015, he signed to SLV Model Agency in Aruba and started to grow from there. Now, he is signed to an agency in Toronto, where he gets modeling jobs.

"Modeling, for me, is a way to bring my art in the world without having to say anything."

In addition to modeling, Joshua also enjoys all types of dancing, but is currently focusing on ballet. He is enrolled at the Toronto School of Ballet and says that ballet in Toronto is quite different than in Aruba; the training is harder. Regardless, Joshua admits that, *"Dancing is who I am and is what I meant to do for the rest of my life."*

"COMBINING MY STUDY WITH MODELING AND DANCING IS NOT DIFFICULT. IT IS ALL ABOUT TIME MANAGEMENT."

- **HAVE YOU EVER DONE YOUR OWN CHOREOGRAPHY?**

"Yes, I have choreographed some pieces before. One was for a Queen Election in Aruba. Last summer, I got the chance to teach a class at the school of Diana Antonette which is called Kozlov Dance Academy; it was quite a fun experience and a side of dancing I did not know I enjoyed. Besides teaching, I collaborated with Ferghal Vlaun, Dariela Werlemand and Pierangely Wever dancing to the song of Todrick Hall: Nails, hair, hips, heels."

- **WHAT DO YOU ADVISE OTHERS WHO STRUGGLE TO BE CONFIDENT?**

"Do not be afraid to do something new and to put yourself out there. Start by working on loving yourself and bringing your best self forward. The person who will always talk negatively about you is yourself. Take the wheel, do not let the wheel drive your own life!"

INSPIRATION

In order to get inspired he follows different trends, listens to Ariana Grande, Nicki Minaj and follows peoples successes. He gets inspired when he sees that people he knows are succeeding; it makes him happy to see that people are following their passions. The concepts that he comes with for his photoshoots are inspired by trends in fashion, design, storytelling, movies or music.

In his recent shoot with Sombrevisuals, he was inspired by twisted and dark fairy tales, the evil queen and La Llorona. For modeling, his greatest inspiration is Naomi Campbell. When it comes to dancing, he is inspired by people who have paved the way for other dancers to shine, such as Pierangely Wever, Dianna Antoinette and, his former teachers, Mr. Leonid Kozlov and Mrs. Adriana Kozlov.

FUTURE PLANS

Joshue wants to open a graphic design business to be the boss and call all the shots. Next to that, he wants to work as a graphic designer in a fashion magazine, become the Editor in Chief of a fashion magazine and become a professional dancer within a ballet company. As a model, his goal is to travel the world. Somehow, he wants to find a way to combine them all. He knows that he is reaching for the stars and, right now, it may appear impossible. Yet, he thinks that if he works hard he could achieve one of them.

"FOLLOWING YOUR PASSION AND YOUR DREAMS IS MORE IMPORTANT THAN FOLLOWING DOLLAR BILLS".



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RIJKSTRAINEE

the Dutch Ministry of Health, Welfare, and Sports.

for

At just 26, Mariluz van de L'Isle holds a master's degree in Medical Biology. At first, she wanted to become a doctor but she later realized that she enjoyed conducting research more. Instead of changing studies, she opted to specialize in Management and Innovation. Currently, she's a Rijkstrainee for the Dutch Ministry of Health, Welfare and Sport (VWS) and is going through her first round at the Medicines Evaluation Board (MEB) in Utrecht. In addition to being a Rijkstrainee, she enjoys painting, photography, exploring cities, museums and nature, and she recently got engaged!

It was during her specialization that Mariluz had the opportunity to conduct an internship at Unilever. Usually, Unilever would have little involvement in the society. However, the government was trying to push Unilever to interact with the society to do good for the community. It was during this process, that Mariluz realized that she much rather wanted to be involved in doing things for the society. That, to her, was more important than money.

Mariluz had never previously considered working at the government. But, it was during an e-health event where she met the Secretary-General of the Ministry of Health, Welfare and Sport. She learned what the role of the government plays in healthcare, and found it interesting.



After the event, Mariluz decided to research the Rijkstraineeship and she found three main reasons to apply. First, the fact that she would be doing something for the society. Second, she had the feeling that she was not ready for a 'real' job; she didn't feel she knew enough about writing policies, for example. Thirdly, she wanted to learn more about politics and how it all worked, internally. As good as it sounded, Mariluz still had her doubts; she had heard from others that the application procedure would be difficult and uncertain because many graduates apply. Lucky to her, she didn't experience it that way. She thought the procedure was very straight-forward. From the start, she knew what she had to do and which competencies she needed, in order to have the opportunity to get accepted.

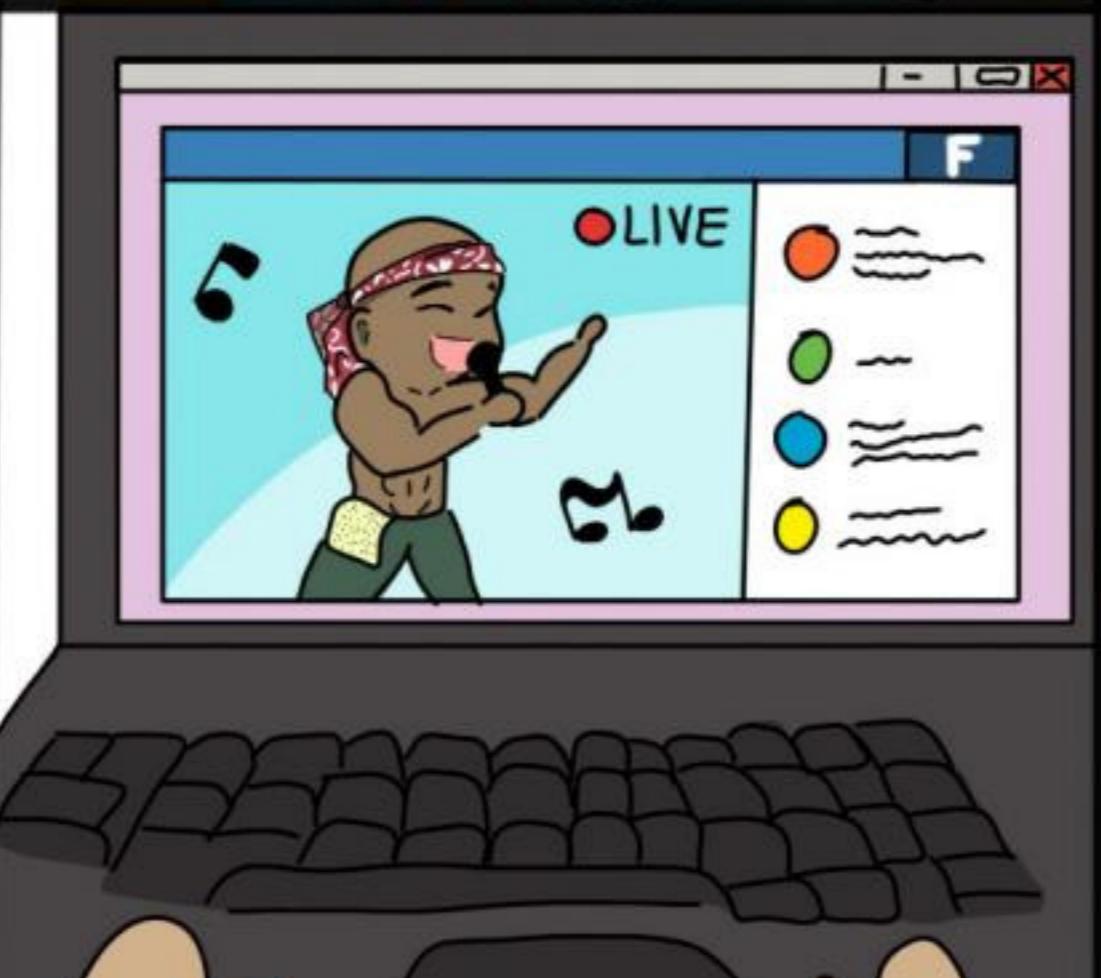
Mariluzis is currently fulfilling her first of three role at the MEB. What she likes about her current role is that it connects to what she studied. It's very straightforward and she gets to assist on different projects. What she likes about the trainee-ship as a whole is that there's a big focus on her development, it's focused on what you want to achieve and learn or develop – events are organized with this in mind. Furthermore, you meet other graduates with different backgrounds and you get to think about solutions to problems.

Other than the fact that bureaucracy can slow down innovation, she doesn't have anything negative to say about the trainee-ship. Mariluz would recommend this program to other graduates. It can be a way to broaden your horizons and gain more skills. Furthermore, it gives you an insight into the inner workings of the government. In addition, there's a job guarantee at the end of the trainee-ship if you function satisfactorily during the 2 years. This program is for all graduates, not just graduates who studied politics. Her tip if you want to apply for this program is to believe in yourself and your knowledge and skills. Don't think that because you're Aruban, you don't stand a chance.

In conclusion, the Rijkstraineeship can be an amazing opportunity for graduates who want to develop themselves personally and professionally. It also offers you the chance to tackle 'real' problems, meet new people, and it offers you a chance to take a look behind the scenes of politics. The application procedure may not be easy, but like Mariluz, you might just make it.



STUDENT PROBLEMS No.²



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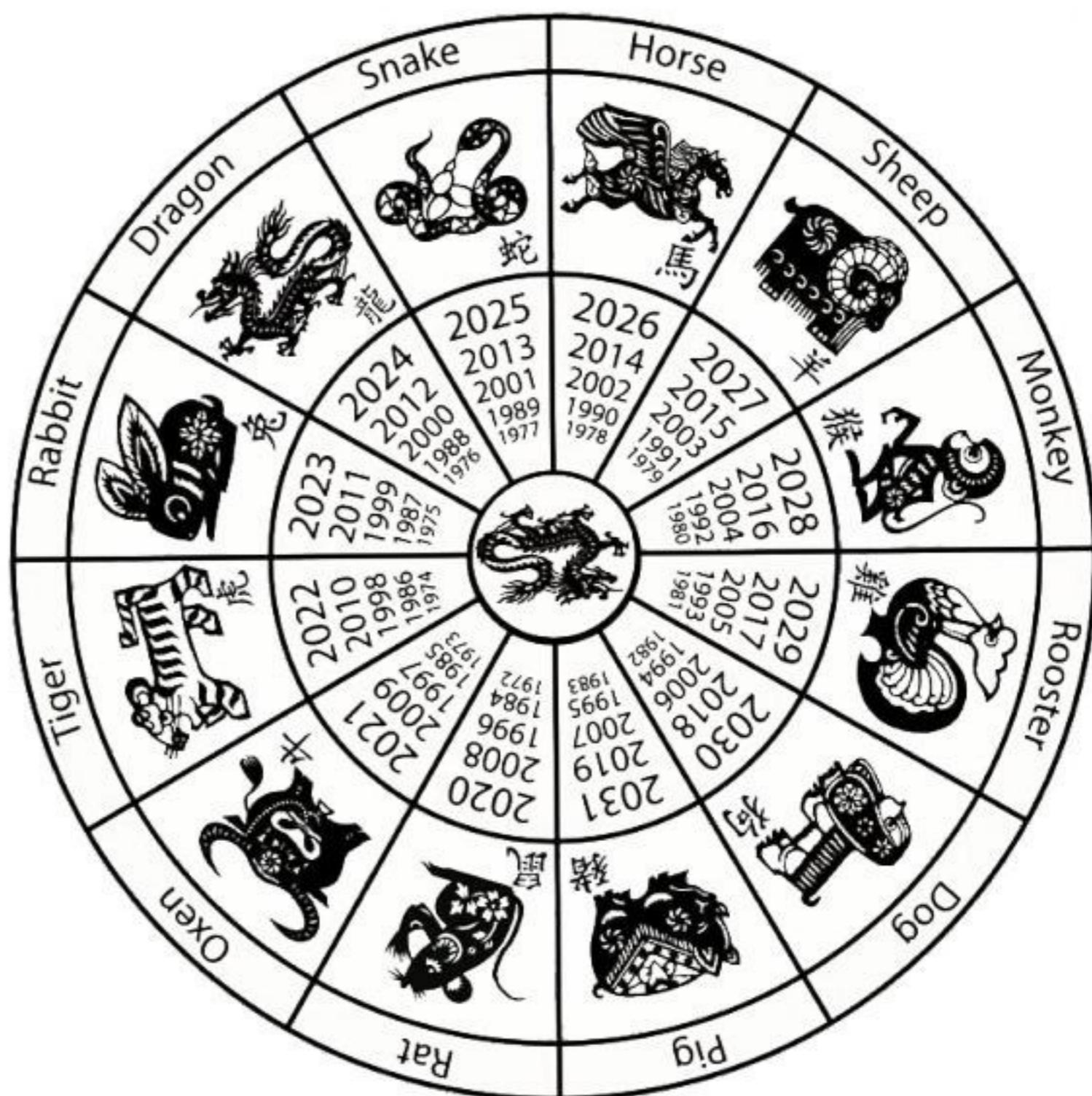
#FUN READ

Year of the Rat



While most of us are preparing to move into a new decade, we start to wonder what the coming year holds for us. One way some people prepare is by looking into their astrological sign, better known as our horoscopes. Most of us are familiar with the twelve western zodiac signs but have you ever looked into your Chinese zodiac? The Chinese zodiac system has existed for more than 2000 years and each zodiac is represented by an animal. Each animal represents the year someone was born and the cycle repeats itself every twelve years.

While one would assume that your zodiac year will be your lucky year, it is actually believed to be a year of trials and bad fortune. It's usually a year to get through and not really a celebration. Let's take a look at what the year of the Rat will have in store for the other signs.



PIGS IN YEAR OF THE RAT.

As we leave the year of the Pig behind, it is said that new and better things are on the horizon for the Pig. Many opportunities will be presenting themselves to you, however you must remember to keep your temper and concentration in control. Focus on the good that is coming and let go of the bad. For Pigs staying positive and focused is key during 2020.

OX IN YEAR OF THE RAT.

It is believed that the Rat and the Ox are compatible zodiac signs, making 2020 a year filled with good fortune for the Ox. While you'll have a good year for your career education and health, your relationships will need extra attention. For Oxen, communication will be key in 2020.

TIGER IN YEAR OF THE RAT.

During the year of the Rat, the Tigers will see their career and education flourish. As long as you remain confident and keep working as you are now it seems like the year of the Rat will be a successful one for the Tiger. However, the Tiger will need to be mindful of their health and relationships during the year of the Rat. For the Tigers, communication, kindness and loyalty are key for 2020.

RABBIT IN YEAR OF THE RAT.

All the good fortune the Rabbit had in the year of the Pig keeps moving with them to the year of the Rat, especially with regards to their relationships. However, during the year of the Rat, Rabbits need to pay attention to their mental health and emotions. In 2020, Rabbits need to be mindful of their emotional state as any stress or can push them over the edge and depression could set in. For the Rabbits, focusing on their blessing and using their talents in compassion and kindness will be key in the coming year.

DRAGON IN YEAR OF THE RAT.

Luck will be on the side of the Dragons during the year of the Rat. Dragons are advised to focus on their career while maintaining a balance with their relationships. If Dragons don't pay attention, their career will consume them and relationships will fall to the side. In 2020, things will come easy to Dragons, however focusing on their health and relationships will be the key to having a lucky year of the Rat.

SNAKES IN YEAR OF THE RAT.

The year of the Rat will be challenging to all Snakes. But, fortune will follow them in their friendships. Snakes will need to focus on their relationships in order to have an easy year. For the Snakes, their emotional well-being and physical health will be key in 2020.

HORSE IN YEAR OF THE RAT.

Horses are moving from a very fortunate year to a much more troublesome year of the Rat. This is because the Rat and the Horse are believed to be incompatible. However, by showing kindness to others the Horse will be able to find success during the coming year

GOAT IN YEAR OF THE RAT.

Following a year of good luck, Goats are moving into a year full of shortcomings. While it is predicted for goats to have a hard year, their perseverance will get them to where they need to go. For the Goats, the year of the Rat will bring them benefits in their career while they'll need to pay extra attention to their health and relationships. In 2020, focusing on creating healthy habits and putting effort into relationships will get Goats to where they want to be.

MONKEY IN YEAR OF THE RAT.

The coming year is about to be a mix of both highs and lows for Monkeys. While your career might remain stagnant during the year of the Rat, your education, health and relationships will blossom. In 2020, channeling harmony in your strengths and weaknesses will be key to a successful year.

ROOSTER IN YEAR OF THE RAT.

The year of the Rat will be one of renewal for the Rooster. Career opportunities will arise and love and support will be present throughout the coming year. Keeping your emotions in check will be essential to Roosters in 2020 and by taking care of their mental health Roosters will enjoy a prosperous 2020.

DOG IN YEAR OF THE RAT.

In the year of the Rat, the Dog will be rewarded for their loyalty. Their career will show progress and growth opportunities will present themselves throughout the year. Stay dedicated in the coming year and you will be seeing your life blossom in 2020.

RATS IN THE YEAR OF THE RAT.

While your own year is believed to be a bad omen in the Chinese zodiac, Rats will be alright in 2020. You'll experience success in your career and your efforts will be rewarded. While you'll have some struggles in your relationships and health, positivity will be the key for a balanced 2020.



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COVERFEATURE

Mario Gonsalves,

“IN 2020, THINGS ARE GOING TO CHANGE.”

As someone who started with nothing, it's understandable why Mario appreciates everything. What started as a joke to prove a point to the island he holds dear and calls home, lead to him finding his passion. At just 27, he has made videos for Unilever, Universal-, Sony- and Disney Music and has worked with TopNotch, VICE, Samsung and other well-respected brands and artists. He is the co-owner of Recent and together with his right-hand, Valentino Angela, produce music videos, product commercials and artist branding.

For him, loyalty matters the most and he thanks everything he has and who he is to his mother. Recently, he received an HKU award for his film Patroon and graduated from HKU University of the Arts Utrecht.

His dream? To someday make content for Nike, Adidas or Louis Vuitton.







"I DIDN'T KNOW WHAT TO FILM, I WOULD JUST RECORD MY FRIENDS ON THE STREETS AND THAT WAS THE START OF BOOGIE MAN "

BOOGIE MAN, THE START

Around the age of 9, Mario got himself into rapping, "I come from the 'barrio,' I used to rap and make beats. But then you also need album covers to promote yourself, and that's how I got into design." One thing led to another and he got himself into motion, which he really enjoyed. Just before graduating high-school, he asked his mother for a camera he really wanted, "We barely had money, but my mom and I saved and I got it. I didn't even know how to use it at first," he laughs.

"I didn't know what to film, I would just record my friends on the streets and that was the start of Boogie Man."

Boogie Man was a YouTube channel where Mario would upload various videos of his friends doing pranks on the streets of Aruba. He admits he got a few likes here and there, but it was during a 2011 Aruba soccer game final where they really got famous, receiving over 9k likes and views under 12 hours on their now-closed Facebook page and now-made-private YouTube videos. It was then, that Boogie Man became an 'overnight sensation' for the whole island of Aruba.

- **WHAT HAPPENED DURING THE SOCCER GAME?**

"My stepfather paid us 100,- florins and dared us to run with a mask on the field during the game. I paid a friend to wear the mask and a blue speedo and he did it."

- **WHY DID YOU STOP WITH THE YOUTUBE CHANNEL?**

"My mother didn't like the idea of Boogie Man at all and cops would always stop us to talk to us. But really, it wasn't really my thing; I did it just to prove a point."

- **WHICH POINT DID YOU WANT TO PROVE?**

"I wanted to prove that the people of Aruba enjoy 'Vagamundearia' and that's what sold. I received attention from all the media in Aruba. That proves that the community prefers that, instead of the positive and good things someone talented can do."

His YouTube channel earned him direct partnership with YouTube, where he started earning money through his videos. However, he admits that the content of Boogie Man was never, 'his thing,' and he only did it to learn from it and to prove his point. Thanks to his YouTube channel, Mario received the opportunity to study in Maine and at USC, including a scholarship for an intense film-making class at the New York Film Academy in Los Angeles. But even then, his mind was still set on completing a bachelor's degree.

"I MOVED TO THE NETHERLANDS TO MAKE USE OF MY DUTCH PASSPORT, INSTEAD OF PAYING \$75.000 A YEAR FOR A SCHOOL IN THE U.S."





**"WE HAD NO CLIENT, I CASTED THE TEAM,
I WAS THE DIRECTOR, I FILMED, AND THE
STORY RELATES TO MYSELF.**



THE JOURNEY OF RECENT

The money he would've spent to study in the U.S., he used to invest into his own company in the Netherlands. In 2015, while working on a project for Elite, it was the design on a T-Shirt that Valentino was wearing that sparked Mario's attention,

"I CONTACTED HIM IMMEDIATELY, BECAUSE I WANTED THE BRAND IN MY VIDEO AND THERE WE MET."

Mario describes Valentino as someone who reminded him of himself, "*His drive, I also had that when I was young. He's super talented and he stood out from everyone else from Aruba.*" Mario elaborates that he never felt that he 'fit in' in the media culture of Aruba, because they're, "So saturated and work all over the place. Meanwhile, I always try to elevate my work and compete on an international level." As soon as Valentino arrived in the Netherlands, they started to work together on their ongoing projects and it was during then that Mario recognized Valentino's incredible work ethic and then finally decided on starting Recent together.

- **HOW DID YOU COME UP WITH THE NAME RECENT?**

"We thought about a lot of names, I even bought a lot of domains just to reserve the names. But I wanted a name that will be relevant no matter the year. One day, I was just lazing around and loved how 'Recents' was written on the Apple OS."

- **WHAT EXACTLY DOES RECENT DO?**

"We focus on Film & Design. We focus on music videos, artist branding, product commercials, basically everything. However, our biggest clients are in the music industry."

- **HOW IS RECENT DIFFERENT?**

"Standard production companies have a lot of directors, etc., who work for them exclusively. At Recent, we believe in flexibility and freedom; we're still growing, so we have an 'open' working method with our network."

When asked Mario which he enjoys more between product commercials and music videos, he struggled to answer. The way he describes the difference is that the most freedom and creativity lie in music videos, however, for product branding the budget is bigger but has a stricter story-line. Regardless, Mario really enjoys film in general and, personally for him, he tries to always improve where he comes from, stating he has a lot of family and friends that comes from 'problematic' neighborhoods and he enjoys using his company to help others. For him, he's very critical of the 'Aruba' brand, and would love the opportunity to work to improve the 'Aruba' brand image.

"I LIKE BRINGING CHANGE WHERE THERE NEEDS CHANGE."

HKU AWARD-WINNING FILM, PATROON

His childhood and the background of him, his family and friends inspired the theme of his graduation project. Mario didn't want to graduate with just any project, he wanted it to be close to him and represent what he stood for. After spending some time with friends he grew up with in Aruba, he realized how many people had lost opportunities; men who needed guidance in their life so they could make the most out of it.

Mario opens up that he was always around 'class clowns' or hanging on the streets barefoot, "*My mother was very strict, which was very good.*" Although he enjoyed spending time on the street, he describes himself as being a geek; he'd be more into PlayStation, computers, etc.,

"When I look back and see where I could've ended up, I'm forever thankful to my mother for doing the things she had to do to get me back on my feet."

When asked Mario which project he is the proudest of, he states immediately that it's Patroon, which was co-produced by VICE. For the public, it'll be launched in either February or March 2020 on VICE and TopNotch. Patroon was made from scratch by Mario, "*We had no client, I casted the team, I was the director, I filmed, and the story relates to myself.*" He's extremely proud and thankful for the funds he was able to raise through crowdfunding. Now, his wish is to have a screening at Cas di Cultura or Renaissance Theater in Aruba.

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HIS FUTURE

The most frustrating part of the work Mario does is the financing, “*You see so much money in your bank account, and then see the list of people we have to pay and within a few moments, it’s all gone,*” he laughs. Mario states that at his company, Recent, they want to set a standard; pay everyone on time, ensure mostly everyone has somewhat an equal profit, etc., “*As a company, you have to be really, really, responsible. We’ve put everything we hate about other companies and said this is not how we will work,*” while it’s the ideal situation, with equal profit it also means that their profit as co-owners is not that high.

- **HOW IS RECENT DOING ACCORDING TO YOU?**

“We’re doing OK, it can be way greater. I think we need to change the focus of the company to commercials instead of music videos. We’d have greater profit and can become more sustainable.”

- **HOW IS A TYPICAL MONTH FOR YOU?**

“My schedule is super random. I have months where I travel two to five times and others where I don’t even leave my place and work nonstop on my laptop.”

Mario admits that he needs to change certain aspects of his life in order to boost, grow and go the next level. Simple things like stop spending more than he should and ordering food every day is something he wants to change in the next decade, “*We need to start seeing it as it is – a business. We need to structure our lifestyle to live more sustainable and stop with the ‘student life’ mentality,*” he laughs at himself while answering and admits it’s harder than it sounds. However, he would like to stop being so generous with his finance and put his mindset into a business mentality.

As busy as his world sometimes gets, at the end of the day, Mario states he enjoys good experiences and that those are the moments he cherishes the most,

“IN AN INDUSTRY WHERE THERE ARE SO MANY FAKE MOMENTS. I ENJOY GOOD, MEANINGFUL, CONVERSATIONS WITH GOOD PEOPLE.”





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TO BE POSITIVE AND CRITICAL AS WELL..

He was first a law student and after following the program for two years, he decided to pursue what he has always been fascinated with - art. Today, Joshuar Gomez is a student and writer, studying media art design and architecture in Amsterdam. He hopes to become a writer and academic critic. In this interview, he shares how being diagnosed with cancer in August of 2019, will not change the objectives he has in life.



"WE GROW UP BELIEVING THAT WE HAVE TO BECOME LAWYERS, DOCTORS OR ACCOUNTANTS."

Joshuar shares that he thinks a lot of people grow up with the fear of becoming an artist, "*We always hear that as an artist, you will end up in poverty or have an insecure future.*" This is also the reason he first opted to study law. However, after two years, he needed a change and decided to pursue art. Joshuar shares that he believes his current study is perfect for him; he can combine academic writing and has no limitation with the theoretical and practical world of art.

"I want to be able to write about art, the artistic world, architecture, but also social problems around the world. How we can use methods with audiovisuals to bring a change in how we listen to people."

The appreciation he has for his study is that it motivates and encourages him to perceive art not as a singular item, but art as part of politics, justice and he can then reflect on what is happening, "*I can write about art and at the same time I can be critical of what is happening.*"

In the Aruban culture, Joshuar explains that there is this fear of critical writing. There is this sort of idea that art always needs to be given a compliment, Joshua puts emphasis on the fact that we have to be positive but critical as well, "*This is the only way to push a local artist for the better; they can think broad and aim higher to reach the next level.*" Joshuar explains that without critics, *we cannot see the worth of art,*

"Every artistic work out there needs to be criticized and analyze to set in a context, from there we can appreciate the arts better and be more conscience."

Joshuar wants to write a book about his experience as a homosexual young person living in Aruba and in the Caribbean culture. This book will inspire people who don't have the courage to admit who they are. The book focuses on the fact that he always felt comfortable with his sexual preferences.



- **HOW DID YOU COME WITH THE IDEA OF YOUR FIRST BOOK?**

"I was born into a religious and homophobic family; my friends never felt comfortable with their sexuality. There wasn't any space where you could be free or take a breath. One would always feel as if they were walking in shame."

- **DO YOU THINK IT IS EASY TO BE A WRITER IN ARUBA?**

"The art of writing for youngsters in Aruba is shallow. There are workshops, but some are expensive and not all the youngsters have the opportunity to pay for it. I intend to build a platform, so people can publish or read others' work online."

According to him, publishing a book is expensive; the printing, copywriting, linguistic, etc, "No matter how many teachers of linguistic say they encourage the youth to write, if you can't pay to publish then you can't write." The market nowadays is online, so he would like to make an online platform,

"WE DON'T WANT TO EXCLUDE ANYONE WHO WANTS TO BE A WRITER. I WAS REJECTED WITHOUT GIVING MY BOOK AN OPPORTUNITY BECAUSE I WAS AN UNKNOWN WRITER. FOR THIS REASON, I WANT TO OFFER THIS PLATFORM TO OTHERS."

You don't have to have an important last name or experience, the platform will focus on the heart all writers put in their pen, and not the quality in printing. He adds that the art of writing has become a target for the elite community; the ones that can pay to proceed with it. The platform is meant to be for anyone who writes poetry, literature, fiction, non-fiction and give them the opportunity to share their work for an adequate price.

If he realizes the platform, he wants to give anyone the opportunity to publish, without the preferences of the person background, "*I want people to realize that, in Aruba, it's easier for a rich or known person to publish.*" Indeed he agrees that there are organization or public institutions to finance the project but the process itself to look for an editor or paying for it, eliminates the possibility of those that don't have the money to pay. For Joshuar, this demotivates the person to never write again, "*No possibility, no place or culture to plant your seed.*"

Unfortunately, in August of 2019, Joshuar found out that he was diagnosed with cancer. After one year of constantly feeling symptoms that were alarming him, he decided to finally go to the doctor and get checked,

"The doctor told me I didn't have anything! But, knowing my body, I insisted to get an echo and, well, the rest is history!"

Joshuar describes he took the news as a, 'baño di awa friu,' cold shower. It took him a moment to realize that no, actually, it's not a joke.

- **YOUR QUOTE IS TO 'BE POSITIVE AND CRITICAL AS WELL'. HOW DOES THIS HELP YOUR CURRENT SITUATION?**

"I think this is a good example on how to always be critical. I could've taken the doctor's diagnosis and went home, without questioning his evaluation. I think you should always trust your own observations and doubts, if I didn't insist on an echo, today, I wouldn't be working to cure my cancer."

- **WHAT STEPS DID YOU TAKE AFTER FINDING OUT YOU HAVE CANCER?**

"Everything went super fast. Between echo, scans and multiple blood tests, you get prepared for your operation. Currently, I went through one operation and I am waiting on the decision of chemotherapy."

- **WHAT HAS BEEN THE MOST DIFFICULT**
"To go through the whole process without having my family with me. The whole process; the operation and waiting on the chemotherapy decision, caused me stress, anxiety and, finally, even a feeling of loneliness."

While Joshuar feels a slight feeling of loneliness for going through this without having his family close, he says he has the best of friends that take care of him, without him having to ask. He describes his friends as the family he chose, and he is fully thankful for having them in his life.

Being diagnosed with cancer can sometimes change someone's perspective and path in life. For Joshuar, he shares that cancer will not change his objectives in life. He has learned that life can be impressive, fragile and temporary,

"I SEE IT AS A SMALL OBSTACLE IN DREAMS THAT ARE BIG AND NECESSARY ON A PERSONAL LEVEL. LIFE CAN BE SHORT; DO A LOT AND DO IT NOW."



#INTHEWORDSOF

EXPERIENCING WASHINGTON D.C.

with the University of Aruba

When I applied for the program Organization, Governance & Management (OGM) at the University of Aruba, I had no idea what perks the program entailed. Halfway through my first semester, I heard about the Washington D.C. educational excursion. Students who participated in the excursion the previous year had such a positive and memorable experience - I was intrigued. The excursion sounded like a fun, educational experience in a city I'd never visited, so I signed up right away. Fast-forward eight months, after I sold all my raffle books and received my ESTA approval - I was ready for Washington D.C.

We landed at Reagan National Airport at 8:55 pm and I was extremely excited. Through the airplane window, I could see the Capitol Building and the Washington Monument illuminated in the distance. The week I spent in Washington D.C. with my classmates flew by. We met Maureen Bunyan and Ms. Joselin Croes, who happily accompanied us on certain visits. Our itinerary included visits to the Dutch Embassy, Cannon House Office Building, the Organization of American States (OAS), Inter-American Development Bank (IDB), National Press Club and the Newseum. The group also attended a think-tank at the Center for Strategic and International Studies.

I found the visit to be an educational and entertaining one. I learned about organizations I never knew existed and of opportunities for us - as Dutch citizens. Traveling to D.C. with the University of Aruba gave us access to people we otherwise wouldn't have had a chance to meet. I left D.C. with knowledge of the world beyond the island. If there is one other thing the D.C. trip taught me is that the world isn't really all that big: as I conversed with Juan-Pablo, an intern at the Dutch Embassy, I learned that he knew my brother in the Netherlands. It really is a small world after all, and I'm so proud to have been able to represent Aruba and the University in Washington D.C.





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CHOOSING GROWTH INSTEAD *of* **COMFORT**

What is more important? Looking for a chance to grow as a person or stay in your comfort zone? Zoë Hodge takes us on her journey of leaving her job to take up new opportunities in the Netherlands. What she did not expect to encounter in the Netherlands was a whole lot of obstacles.

After feeling stuck at a job for three years in Aruba, Zoë decided to follow her dreams and move to The Hague to study Social Work at ROC Mondriaan in 2018. To get there, she needed to save a lot of money and do her research to be prepared for her new journey; she could not get Aruba loan to study MBO in the Netherlands.

DARK TIMES

Leaving the place you call home to go to a foreign country can be quite difficult, it can affect someone physically and mentally. For Zoë, it was a tough experience; living all alone in her studio was not comforting for her. She missed having her parents at home, the beautiful beaches of her island and the kindness of her people.

For an entire 8 months she did not socialize with anyone; most of her time she would spend alone in her room. In those four walls she felt lonely and comfortable at the same time. She had acquaintances in The Hague who would invite her over, but she declined every time. Weirdly enough, to this date, she does not why she did not reach out to her friends who lived nearby. The weather and the feeling of homesickness did not make her situation better, she got more depressed over time.

One day, she noticed that her life could not continue like that anymore. There were days where she would feel sad for no reason and it costed so much energy for her to do something productive. It came to the point where she felt drained and defeated. When she was ready to relinquish, her mother would call her and remind her of her worth and how strong she was.

"My biggest motivation are my parents. Before coming to the Netherlands, I got a tattoo of their initials on my arm."



**A LITTLE BRIGHTNESS IN THOSE DARK DAYS**

Even though Zoë struggled with depression, it did not affect her school assignments. Somehow, she knew how to separate her school and personal life. In order to escape from her depression, she decided to begin to socialize with her classmates. Later, she sought contact from people that she knew from Aruba and decided to get professional help to help her cope with the obstacles she was facing in her life. Additionally, she tried to keep doing the things she loves; cooking, dancing and reading were her escape.

Due to the stress, her mind was full of thoughts and she could not sleep. In order to sleep more peacefully, she tried to calm her mind by doing meditation.

"Doing meditation before sleeping has helped me sleep better at night."

She would search on YouTube for relaxing music, so she could fall asleep listening to it. When she felt lonely, she would take a train and visit other cities - she would not spend her whole day in her room doing nothing. Calling and texting her mother and friends was a great way that she found to keep going through the day. Everytime she needed to cry out loud, she would call one of her friends. She would also text her mother and act like she was physically there with her. For example, she sends her mother a good morning text and tells her that she is going to take a shower. Step by step she was cooping with her new surroundings and taking her time to do it - there was no need to rush the process.

"I really want to thank my parents, Dyacaya and Viviana who supported me during the toughest of my times."

ADVICE FOR FUTURE STUDENTS

Arriving in a new country can be tough for anyone. If you are going through something, you should talk about it with someone or seek for professional help. One important thing is that you should not rush the process, it is something that takes time and everyone deals differently. For Zoë, spending time outside, with loved ones and visiting other cities helped. Something that Zoë recommends any student that is stressed and has a lot on their mind to do is meditating.



CARIBEATZ





LIVING HIS
Fantasy.

Next to having a Bachelor's degree in Chemical Engineering and Food Technician, **Aaron Garra Deluca**, a.k.a Aaron Deluocoire, 25, aspires to travel to meet new people, educate them on the LGBTQ community, to learn new languages and to get more involved with LGBTQ events that frequently occurs in the Netherlands.

His love for make-up grew over the past few years which led him to turn into the forever exploring make-up artist that he is today. Aaron had a wake up call during a brain surgery where he was dead for about a minute, he asked himself, "*If I died today, did I have a good life?*" It was then when he discovered his true self and decided to start living his best life by traveling and inspiring others.

Aaron identifies himself as non-binary and prefers to be referred to depending on how he looks, with 'he' and 'she' being his preferred pronouns. 'Coming out' wasn't really necessary for Aaron; he acted feminine from a young age. While his parents thought it was a phase, they later realized it wasn't. His father is a quiet man, but had already accepted Aaron for whom he was before his mother. Aaron had to talk to his mother because she was struggling with it in the beginning. Now, she also accepts Aaron and is very supportive of his actions in the LGBTQ community. In the case of his friends, Aaron always tries to surround himself with positive people who are accepting and supportive of others; proud and confident people. He respects people who have been through a lot in the past, yet still maintains positive among others.

Comparing himself to when he first started with make-up, he didn't consider himself as an artist until now. He first started when he was in high school to cover blemishes. Then, when he moved to the Netherlands, he started to experiment little by little to achieve the 'flawless look'. He gets his inspiration from NikkieTutorials, James Charles, Nikita Dragun, drag queens and people at festivals. About two years ago, he started using eye shadow, blush and fake lashes, "it has changed my life," meaning it had motivated him to do more different looks. At the moment, he does not have a 'favorite look'. He always wants to try something new.

Unless he only has about 20 minutes to get out of the door, he goes for a highlighter, full cover foundation, blush and some contour to try to achieve a 'flawless look'.

He loves make-up because there are no boundaries and a person can only improve. It also affects people; it makes them feel powerful and beautiful. When Aaron does people's make-up, he first gives them a pep talk. According to him, most of his clients aren't confident and when they see the final result, they become emotional. His love of make-up grew so much that he decided to get more educated on the subject and received a scholarship at Glamour Make-up, The Hague, where he graduated in June 2019.

He currently works part-time at Starbucks, but aspires to become a performer and make-up artist. On his YouTube channel, he plans to not only do make-up tutorials, but he will also educate the audience on the topic of the LGBTQ community. For example, he tries to make people understand why it's okay for guys to wear make-up and tries to inspire people who wish to experiment with make-up, but fears what society might think. Basically, he aspires to become an activist for the LGBTQ community to help and motivate people to not be scared and learn to be happy with oneself. But, for now, he enjoys working as a barista, meeting new people and taking occasional breaks from make-up. Furthermore, he also performs at LGBTQ parties that are mainly held in the Netherlands. Like Milkshake, Gay Pride, Mysteryland or PIP Den Haag. He puts on creative and extreme exaggerating make-up

Aaron's advice to readers is to know not be afraid to be your authentic self. In today's society, people care too much about what others think. At the end of the day, there's always going to be somebody who has something to say about you, whether it's positive or negative, the less you care, the happier you will be,

"SO DON'T TRY TO BE LIKE OTHERS AND OWN WHO YOU ARE."



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#GETTOKNOW:

JOSHUA A.D.

GeerMan.

Date of birth: 12 June 1999 • Living in: Enschede, the Netherlands

Study: International Finance and Accounting

College/University: Saxion University of applied sciences



1. HOW DO YOU DESCRIBE YOURSELF?

"I am a very outgoing, open and determined person. When I set a goal for myself, I want to achieve it. I am also someone you can talk about any topic with."

2. WHAT IS YOUR FAVORITE COCKTAIL?

"Tropical Snow. It's a cocktail that I created while working in the bar. It has a sweet taste with it, you barely taste the alcohol"

3. WHAT DO YOU DO IN YOUR FREE TIME?

"I work as a bartender at the Magic Bar, I go to the gym, socialize and go out dancing. Also, I am working on a clothing brand that I just started - Trendy Hippy."

4. WHAT IS YOUR FAVORITE SONG AND WHY?

"My favorite song is Paranoia by John Frusciante. I like this song because I like how he sings it and the vibes of the song are romantic. Also, the song makes you want to dance."

5. WHAT ARE THE THREE THINGS YOU CANNOT LIVE WITHOUT?

"I cannot live without my phone, laptop and O.V."

6. DO YOU LOOK UP TO ANYONE AND IF SO, WHY?

"My idol is Arnold Schwarzenegger, because he came from a foreign country to the US and invested his money in real estate. Later, he became successful in movies and made the best of his life."

#GETTOKNOW:

FRANCESCA ALICIA Fareytle.

Date of birth: 02 July 1999 • Living in: Leeuwarden, the Netherlands

Study: Media & Entertainment Management

College/University: NHL Stenden Hogeschool



1. HOW DO YOU DESCRIBE YOURSELF?

"I am a very sweet and helpful person, I am also the baddest bitch alive! I am always willing to help those who need it. Besides, I can be a scary person when you get on my bad side, watch out!"

2. WHAT IS THE MOST EMBARRASSING MEMORY YOU HAVE?

"In 2011, during the Grand Parade of Aruba at Oranjestad, I was walking and suddenly I tripped over something in public. While I was trying to save myself, I tried to hold onto a stick, but ended up throwing the stick and falling!"

3. WHAT ARE THE THREE THINGS YOU CANNOT LIVE WITHOUT?

"My lovely son, money and food."

4. WHAT HAS BEEN THE BEST MEMORY IN YOUR NEW COUNTRY?

"When I went to Aruba Night in The Hague and 'Aruba Dag' in Rijswijk. The events were fun and reminded me of Aruba, because they were playing carnival songs."

5. IF YOU DIE TODAY, WHAT WOULD BE YOUR SLOGAN?

"Love Yourself More! It's inspired by RuPaul. By the end of RuPaul's show, she always says, if you don't love yourself, how in the hell you gonna love somebody else?"

6. DO YOU LOOK UP TO ANYONE AND IF SO, WHY?

"My inspiration is my mother, she showed me that anything is possible as a single mother and that hard work pays off!"

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ANNUAL